

The Watchman and Southron.

WEDNESDAY, AUGUST 1, 1894.

FOR GOOD HEALTH.

Suggestions as to the Use and Luxury of the Daily Baths in Summer Weather.

Every 24 hours the human body loses an amount of heat by radiation from the surface during perspiration. But, contrary to what might seem probable at first thought, this loss is oftener advantageous than otherwise.

In this way an escape pipe, so to speak, is provided for the human mechanism, and just as the escape pipe of a steam engine is self regulating, so fortunately the radiation of the heat from the surface of the body is under the control of the nervous system.

When the fact is made apparent to the nerve centers that the temperature of the body is getting too high, notice is immediately sent along the nerves to open wider the blood vessels at the surface of the body, with the result that the blood flows nearer the surface, the sweat glands are stimulated to increased action, more water is excreted by them, and with the water goes off the heat.

Since it is by this means largely that the superfluous heat of the body in health as well as in disease is got rid of, it is clearly very important, especially at this time of the year, that the pores of the skin should never be allowed to become clogged.

With the increased amount of dust in the atmosphere and its natural propensity for adhering to the perspiring body the daily bath becomes more of a necessity during the summer months than at any other time of the year. One should take great care, however, that the body temperature is reduced as nearly as possible to normal before the bath is taken. If the temperature be somewhat high and the body perspiring freely, the danger of taking cold will be increased by reason of the sudden congestion of the blood in the dilated vessels at the surface of the body.

Much of the advantage to be derived from sea bathing will be lost unless the crusts of salt that form in the pores of the skin on the evaporation of the water are removed by subsequent brisk towel-drying or fresh water sponging.

Not only is the perspiration an efficient means of removing superfluous heat, but by this same channel go out many of the waste products of the body. These waste products are always relatively increased in the summer months, and so it is doubly important that during this trying season we should keep the skin in a healthy and cleanly condition.—Youth's Companion.

PRINTING SPEECHES.

Members of the Present Congress Have Broken the Record in This Respect.

There is one industry which is not in the least affected by the hard times. This is the Record division of the government printing office, which has charge of printing congressional speeches for distribution. There has never been a congress when the presses were worked so incessantly for this purpose. Already over 5,000,000 speeches have been sent out over the country under congressional franks, and the number is piling up daily until by the close of the session it is expected that it will far exceed any record which has hitherto been made. Tom Johnson alone gave an order for 1,000,000 copies of his speech on the income tax in the tariff bill. He leads the record.

But in the number of speeches ordered by other congressmen Burrows heads the list. Over 200,000 copies of his tariff speech have been issued, and he has taken very few himself. Most of them have been sent to western farming constituencies by Republican representatives. Reed's speech at the close of the tariff debate is not printed by the government printing office, but by one of the private concerns in Washington, and this has just about equaled that of Burrows. There is a great demand for Wilson's speech on the Democratic side, and tens of thousands of copies of the speech of Crisp have also been sent out. In the senate 20,000 copies of Senator Lodge's speech have gone out, many senators franking them to the college students in their states. Senator Morrill's speech is also in great demand, and the first speech delivered by Senator Hoar has gained a wide circulation. The efforts of Voorhees and Mills, which opened and closed respectively the general debate in the senate, have been circulated almost as widely by Republicans as by Democrats.—Boston Advertiser.

"Bissell" Postoffice.

There is now a "Bissell" postoffice in nearly every state in the Union. When Mr. Bissell was appointed postmaster general, not a single postoffice in the country was honored by the name of "Bissell." Mr. Bissell has since corrected this singular omission on the part of former postmaster generals, and when The Postal Guide was printed last December had already added an even dozen "Bissells" to the postoffice nomenclature of the country. He has been steadily progressing ever since, and there are now probably between 20 and 25 postoffices so designated. In some cases the naming of a postoffice after the postmaster general is pure sycophantry. Often, however, the name is suggested by the department in cases where there is any difficulty over the selection of a proper title for an office. In The Postal Guide printed last December there are 29 "Clevelands" and 19 "Grovers." The "Bissell" offices will eventually outnumber all others.—Indianapolis Journal.

A Warm Weather Drink.

Here is a recipe for soda water powders, which are considered excellent for allaying thirst in warm weather. Have put in blue paper 30 grains of carbonate of soda, in white paper 25 grains of tartaric acid. Dissolve the soda powder in half a glass of water and stir into it the acid and drink while effervescing. If you desire sirup, make it out of sugar boiled in water and flavor as you like. Dissolve the soda in the sirup.—Washington Star.

Italy's Unprofitable Railways.

The Corriere della Sera has just published an article on the Italian railways which says that "out of the 62 lines worked by the Mediterranean company, there are 22 which are worked at a loss and some whose expenses amount to more than twice as much as their receipts. Many of these lines—the principal ones indeed—are now 15 or 20 years old, and yet are always in this disastrous condition. The investment of capital here is disastrous, because instead of gaining interest the investor has to make continual grave sacrifices of money without even any indirect benefit to the regions were the lines pass. And what is said of the Mediterranean company may be said of all the companies of Italy."

To this dark picture I will only add that the railway debt of Italy is nearly 5 milliards, and that the annual railway deficit is not less than 200,000,000 lire, or more than the actual cost of the army, which, when the expenses of public security are deducted, is only about 190,000,000.

Wise Men

profit by the experience of others. There is an object lesson in the following letter for those who hesitate to invest in life insurance.

GREENVILLE, S. C., Aug. 23, 1893.
Mr. W. J. RODDEY, Rock Hill, S. C.:
Dear Sir:—Your favor of the 21st, enclosing new policy has been received, and I will remit premium on receipt of settlement of old policy. I am very well pleased with the results of my other policy, and must thank you for your kind attention and favors shown me.

Yours truly,
N. C. POE.
This is but one letter of thousands that can be shown, all expressing the same satisfaction. Write and get an explanation of the Tontine Policy of the

Equitable Life,
a policy that insures you against misfortune; protects you in old age; provides for your family at your death.
W. J. RODDEY, Manager,
For the Carolinas, Rock Hill, S. C.

PATENTS

Obtained, and all PATENT BUSINESS attended to for MODERATE FEES. Our office is opposite the U. S. Patent Office, and we can obtain Patents in less time than those remote from WASHINGTON. Send MODEL, DRAWING or PHOTO of invention. We advise as to patentability free of charge, and we make NO CHARGE UNLESS PATENT IS SECURED.
For circular, advice, terms and references to actual clients in your own State, County, City or Town, write to
CIA SNOW & CO.
Opposite Patent Office, Washington, D. C.

PATENTS

CAVEATS, TRADE MARKS, COPYRIGHTS.
CAN I OBTAIN A PATENT? For a prompt answer and an honest opinion, write to MUNN & CO., who have had nearly fifty years' experience in the patent business. Communications strictly confidential. A Handbook of Information concerning Patents and how to obtain them sent free. Also a catalogue of mechanical and scientific books sent free.
Patents taken through Munn & Co. receive special notice in the Scientific American, and are brought widely before the public without cost to the inventor. This splendid paper, issued weekly, elegantly illustrated, has by far the largest circulation of any scientific work in the world. \$3 a year. Sample copies sent free.
Building Edition, monthly, \$3.50 a year. Single copies, 25 cents. Every number contains beautiful plates, in colors, and photographs of new houses, with plans, enabling builders to show the latest designs and secure contracts.
MUNN & CO., NEW YORK, 361 BROADWAY.

LE BRUN'S G&G CURE FOR LADIES DO YOU KNOW
FOR EITHER SEX, This remedy being injected directly to the seat of those diseases of the Genito-Urinary Organs, requires no change of diet or unusual, mercurial or poisonous medicines to be taken internally. When used
by either sex it is impossible to contract any incurable disease; but in the case of those already suffering from Gonorrhea, Syphilis, Gonorrhea, and Gleet, we guarantee a cure. Price by mail, postage paid, \$1 per box, or 6 boxes for \$5.
For sale by Dr. J. F. W. DeLorme, Sumter, S. C.

STEEL AND PENNYROYL PILLS
are the original and only FRENCH, safe and reliable cure on the market. Price \$1.00; sent by mail. Genuine sold only by
Dr. J. F. W. DeLorme, Sumter, S. C.

VITAL TO MANHOOD.
NERVE, DEFECTION, BRAIN
Dr. E. C. WEST'S NERVE AND BRAIN TREATMENT, a specific for Hysteria, Dizziness, Fits, Neuritis, Headache, Nervous Prostration caused by alcohol or tobacco, Wakefulness, Mental Depression, Softening of Brain, causing insanity, misery, decay, death, Premature Old Age, Barrenness, Loss of Power in either sex, Impotency, Leucorrhea and all Female Weaknesses, Involuntary Losses, Spasmodic attacks caused by over-exertion of brain, Self-abuse, over-indulgence. A month's treatment, with each order for 6 boxes, with \$1.00 sent written guarantee to refund if not cured. Guarantees issued by agent, WEST'S LIVER PILLS, cures Sick Headache, Biliousness, Liver Complaint, Sour Stomach, Dyspepsia and Constipation.
GUARANTEES issued only by
J. F. W. DeLorme, Sumter, S. C.

A. WHITE & SON,
Fire Insurance Agency,

ESTABLISHED 1866.

Represent, among other Companies:
LIVERPOOL & LONDON & GLOBE,
NORTH BRITISH & MERCANTILE,
HOME, of New York.
UNDERWRITERS' AGENCY, N. Y.,
LANCASTER INSURANCE CO.
Capital represented \$75,000,000.
Feb. 12

FOR
—FULL ASSORTMENT—
BEST NEW GARDEN SEED,
—FULL LINE—
Purest Drugs and Chemicals,
CALL ON
J. S. HUGHSON & CO.,
Monaghan Block. MAIN STREET,
Feb 8. SUMTER, S. C.

WHISKEY!!!
To the Whiskey Trade and Whiskey Drinkers:
If you will drink North Carolina Corn Whiskey, I want to sell it to you.
Price by the bbl. \$1.20
Price by 4 gal. kegs, 1.25.
Price by short pints, 10 to gal., (3 gals. in case) \$1.35.
Price by short quarts, 5 to gal., (3 gals. in case) \$1.30.
Price by full quarts, (3 gals. in case) \$1.30.
Case goods landed freight paid. I do not remember a town in South Carolina that formerly had license in which my whiskey is not well known.
Capacity of distilling 180 bushels per day. I do not sell any whiskey but what is made in my own distillery.
Parties ordering whom I do not know will please send money by postoffice order or check.
When ordering state whether you want water white or colored.
J. B. LANIER,
June 6—2m Salisbury, N. C.



Glenn Springs Hotel.

Open from May 1, to October 15.
FOR RATES OF BOARD, APPLY TO
Simpson & Simpson.
Glenn Springs, S. C.

Glenn Springs Water,
Is unsurpassed and invalids find sure and speedy relief by its use
IT WILL CURE

Dyspepsia, Liver Complaint, Chronic Hepatitis, Jaundice, Torpor of Liver and General Debility, following upon Malarial Diseases, Dropsy, Diarrhoea, Dysentery, Constipation, Hemorrhoids, Uterine, Renal and Cystic Diseases, Hematuria, Rheumatism, Catamenial Derangement, and

OTHER FEMALE COMPLAINTS.
Highly recommended by the medical profession.
For circulars containing certificates, etc., apply to

Paul Simpson,
GLENN SPRINGS, S. C.
—FOR SALE BY—
Dr. A. J. China, Dr. McKagen, J. S. Hughson & Co., J. F. W. DeLorme and W. R. Delgar, Jr.

MACHINERY.

Now is the time to decide what machinery you are going to put in this season.
We Handle the Best Grades,
And at prices that cannot be lowered anywhere. This year we offer in addition to our already full line, the handsome, high grade, low priced goods made by the
Liddell Company, of Charlotte, N. C.
An experience of many years with these as well as other goods has proven that there are none better.

Henry B. Bloom,
April 24. Main St., Sumter, S. C.

MILL PRODUCTS.

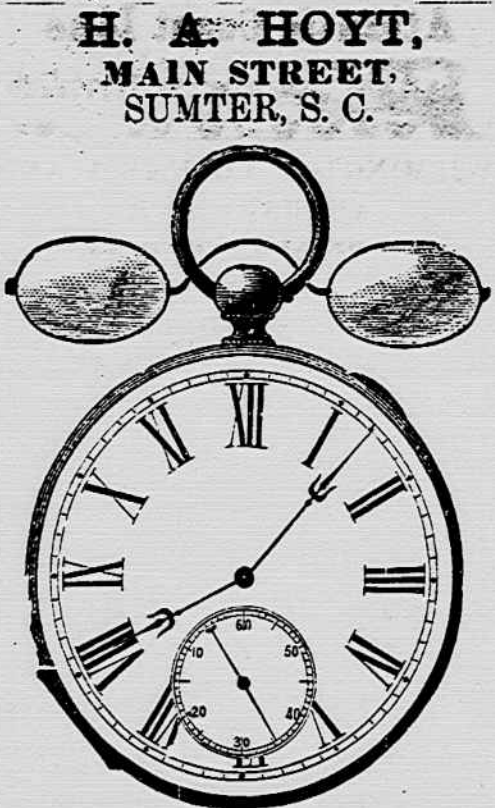
I OFFER FOR SALE THE PRODUCT OF
—THE OLD BRADFORD MILLS,—
(now owned by me and which have been built entirely new)
CONSISTING OF

Fresh Bolted Meal, Cracked Corn,
Ground Corn and Oats mixed, the best feed in the world for horses.

—ALSO—
Corn, Oats, Hay, Ship Stuff, Cotton Seed Meal, Lime, Cement, Plaster Paris, Fire Brick and other building material.

To Arrive—One Car Load Texas R. P. Oats.

H. HARBY.



GOLD AND SILVER WATCHES,
FINE DIAMONDS,
Clocks, Jewelry, Spectacles,
MERIDEN BRITANIA SILVERWARE, &c.
REPAIRING A SPECIALTY.
Feb 1

Order Your
PROVISIONS AND GROCERIES
FROM

GEO. W. STEFFENS & SON,
Wholesale Agents, Charleston, S. C.
—Agents for—
MOTT'S CIDER,
RED SEAL CIGARS,
and **DOVE HAMS.**

CASTORIA

for Infants and Children.

"Castoria is so well adapted to children that I recommend it as superior to any prescription known to me." H. A. ASCHEM, M. D.,
111 So. Oxford St., Brooklyn, N. Y.

"The use of 'Castoria' is so universal and its merits so well known that it seems a work of supererogation to endorse it. Few are the intelligent families who do not keep Castoria within easy reach."
CARLOS MARTIN, D. D.,
New York City

Castoria cures Colic, Constipation, Sour Stomach, Diarrhoea, Eructation, Kills Worms, gives sleep, and promotes digestion, Without injurious medication.

"For several years I have recommended your 'Castoria,' and shall always continue to do so as it has invariably produced beneficial results."
EDWIN F. PARDEE, M. D.,
12th Street and 7th Ave., New York City.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

SCHWERIN & CO.

New Orleans Molasses

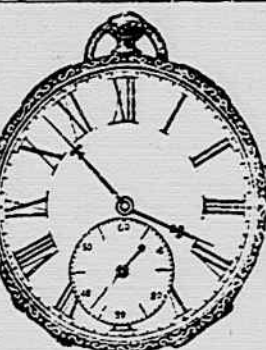
In Barrels, Half Barrels and Kegs.

Flour, Sugar, Coffee,
Crackers, Meat, Lard,
Cheese, Starch, Soap,

And everything nice in the Grocery Line
WHOLESALE AND RETAIL.

Call and See Us.

Our Retail Department is Complete.
Schwerin & Co.



JEWELRY.

Watches, Diamonds,

Sterling and Plated Silverware,

LARGE STOCK SUITABLE FOR WEDDING PRESENTS.

Clocks, Optical Goods, Fine Knives, Scissors
and Razors, Machine Needles, &c.

FOLSOM.

SIGN OF THE BIG WATCH.

ESTABLISHED 1868.

Sumter, S. C.

THE INTERNATIONAL CYCLOPEDIA.

A Modern Work of reference for the Home,
Library, Office or School. 15 Royal Octavo
Vols., 50,000 Titles, 125 Double Page Maps,
150 Double Page Illustrations.

Cash or easy payments. Write for terms to

CHAS. H. CHAPMAN,

P. O. Box, 195, Charleston, S. C.

General Southern Agent.

Feb 14—x

KEY & CO.,

STATESVILLE, N. C.

Jobbers and Distillers of

Pure old-Fashioned North Carolina Hand-Made Corn and Rye Whiskies,
Apple and Peach Brandies.

We make a specialty of pure goods for private use and medicinal purposes. Our brands are all recognized as standard, and we sell nothing but high grade goods. We are sole proprietors of the celebrated KEY brand of old-fashioned, hand-made Corn Whiskey and Apple Brandy, packed in cases of one dozen bottles. We quote as follows in lots from 1 to 10 gals: N. C. "Poplar Log" Corn Whiskey, \$1.25 to \$3.00, according to age. Rye Whiskey, \$2.00 to \$3.00 according to age. Apple Brandy, \$2.00. Peach Brandy, \$2.75. Extra charge for kegs and jugs. We can furnish Corn Whiskey in cases of 1, 2, 4, 6 and 8 dozen bottles to case, in pints, half pints and quarts ready for use, at low prices. Can make special prices on barrel shipments. We have the largest stock in the country of old Corn, Whiskey, ripened and mellowed by age, and especially recommend it for private use.
June 13



DON'T FLY A KITE

Soliciting Celestial Customers
to visit your place of business.

It is equally unwise
and imprudent to

Fly in the Face of Pedestrians

with a cloud of 6x9 Dodgers. They only encumber the earth and enrage the populace.

FLYERS IN WALL STREET,
or any other street, are not only unwise but

wicked, and carry their own punishment.



THE NEWSPAPER is the PROPER MEDIUM

in which to express your wants
and proclaim the advantages of
doing business with your establishment.